



Hodge Hill Girls' School Weekly Parent Bulletin

20th November 2020

Important Dates

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| <ul style="list-style-type: none">• Friday 27th November• Friday 4th December• Monday 7th December | <ul style="list-style-type: none">• World Food Day Competition closes• Training Day – School will be closed to all pupils• Governors Meeting |
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**PROTECT OTHERS BY KEEPING YOUR DAUGHTER AT HOME IF
DISPLAYING ANY COVID-19 SYMPTOMS**

**CONTINUE TO CHECK SCHOOL GATEWAY AND THE SCHOOL WEBSITE FOR
REGULAR UPDATES**

IMPORTANT INFORMATION:

DfE Guidance for Parents/Carers

A reminder for families to be aware of the government's guidance '[What parents and carers need to know about early years providers, schools and colleges in the autumn term](#)'. This guidance sets out when children and young people may be unable to attend school in line with public health advice to self-isolate because they:

1. **have had symptoms or a positive test result themselves**
2. **live with someone who has symptoms or has tested positive**
3. **are a close contact of someone who has coronavirus (COVID-19) and are requested to do so by NHS Test and Trace or the PHE advice service.**





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School Information

Face Masks

Your daughter **MUST** bring a face mask into school every day which must be worn as pupils move around the school building and in communal areas. Please inform us if your daughter is exempt from the existing face covering obligations, due to an underlying health condition, if so, she will continue to be exempt from these new obligations.

Free School Meals: We have emailed out vouchers provided by Birmingham City Council retrospectively for half-term via School Gateway to those eligible for Free School Meals. Please note that pupils had to be eligible on or before 23rd October to receive these. All information related to redeeming the vouchers has also been sent via School Gateway. Free school meal provision during term-time remains exactly the same with eligible pupils receiving this in school. We will update you as and when we know more regarding the Christmas holidays. Please contact school if you have any queries enquiry@hodgehgs.bham.sch.uk.

School Office:

Due to the national lockdown and guidance regarding not undertaking unnecessary journeys, parents and carers must not visit the school site unless specifically requested by a member of staff. Please contact school reception on 0121 4643094 or email enquiry@hodgehgs.bham.sch.uk should you need to get in touch with school.

School Uniform

- **Jewellery** – we allow one plain stud in the lower part of each ear and one small stud in the nose. Nose rings are not permitted. All piercings must be removed for PE. We suggest that any new piercings are done at the start of the summer holidays. Pupils can also wear a watch. (Smart watches or the equivalent are not permitted)
- **Nails, Make-Up, Hair** – nails should look natural and be an appropriate length for school. False nails and coloured nail polish are not allowed and, as such, will need to be removed. Pupils at KS4 may wear discrete natural make up. Hair should be natural in colour and tied back for practical activities. Appropriate hair accessories e.g. hair slides can be worn but should be black to compliment the school uniform. No fashion accessories should be worn.

GCSE Pod: 935 pods have been watched over the last week with English Literature, History and Creative iMedia the most accessed subjects. We have moved up to 8th position out of 114 schools with an average of 4.37 pods watched per KS4 pupil since 1st November.





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Individual year group figures are as follows:

Year 7	64%	pupils with active accounts; 110 pods watched; English Literature, English Language and RS are the most accessed subjects.
Year 8	85%	48 pods; Maths, English Language, Chemistry
Year 9	94%	46 pods; English Literature, Geography
Year 10	97%	365 pods; English Literature, History, Business
Year 11	99%	353 pods; History, Creative iMedia, French

Click [here](#) to see if your daughter made the top five!

Reading and Digital Books for Years 7 - 11

Fostering a robust culture of reading builds stamina for our pupils in both their examinations and future career paths. To enhance the current reading provision and broaden the diet of fiction available to pupils, we will be sending a range of digital texts to read for Years 7-11, on a weekly basis via Class Charts. If you have any difficulties accessing any of the books please email f.mohammed@hodgehgs.bham.sch.uk

Years 7-8

- 'Coraline'
- 'The Graveyard Book'
- 'War Horse'
- 'The Adventures of Sherlock Holmes'
- 'Anne of Green Gables'
- 'Monsters of Men'
- 'The Poet X'
- 'A Monster Calls'

Years 9-10

- 'A Christmas Carol'
- 'Jekyll and Hyde'
- 'Dracula'
- 'Frankenstein'
- 'Woman in Black'

Year 11

- 'The Time Machine'
- '1984'
- 'The Hound of the Baskervilles'
- 'Woman in Black'
- 'Wuthering Heights'





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SEN Department

At Hodge Hill Girls' School we believe reading and finding out about the world around us is a key skill, therefore in school we subscribe to a weekly child-friendly newspaper called '**First News**'. Each week pupils are sent an electronic copy of the newspaper and a quiz based on the articles. It would be great if you could encourage your daughter to read the newspaper or together as a family and submit your quiz answers each week. The link can be found weekly in your daughter's school email inbox.

PE Department:

HOW MUCH EXERCISE DO YOUNG PEOPLE NEED?

- The government recommends one hour of physical activity a day.
- At the very least you should work up a bit of a sweat and get slightly out of breath.
- But a report by medical experts says even an hour's activity a day, which most young people do not achieve, is not enough. If you want to avoid heart disease and obesity, you need to do 90 minutes exercise a day, experts say.

FINDING THE RIGHT EXERCISE

- Some people hate exercise
- Maybe they feel like they do not have time for it
- Some feel too self-conscious to exercise in front of others
- There is a type of exercise to suit everyone!

OPTION TO DO AT HOME:

- Walk the dog
- Take the stairs
- Play music and dance
- Gardening
- Online class or exercise video- this may motivate you more

THE EASIEST EXERCISE OF ALL

- Walking improves the condition of your heart and lungs and works the muscles of the lower body.
- It is a weight-bearing activity, so it may improve bone density, yet it is also low impact, putting less stress on the joints than some other forms of exercise.

START OFF WALKING

- Try power walking in the park. Walk at such a fast pace that it would actually be easier to break into a run.
- You burn more calories walking at this speed than you would running at the same pace.

Click here to view this in [Urdu PE Exercise](#)

Have fun and stay active!





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Additional Resources:



Value of the month – November '**Courage**' Please discuss this value with your daughter. To support please use the following link. [Poster](#) and [30-day courage](#).

- **Thought for the week: 'Stoic'** see [PowerPoint](#) presentation and [video](#).
- **Job of the Week: 'Chiropractor'**. Click on the link for more information [Chiropractor](#)

'I See the Difference' Poster Competition: What is it all about?

The "I see the Difference" Campaign team are offering schools with GCSE and A-level students the opportunity to research and learn about the fantastic career opportunities that Allied Health Professions provide.

What do they have to do?

Students are tasked with designing a poster that encourages people to consider a career as an Allied Health Professional (AHP). This poster needs to be: An original creative piece of artwork, that can be a painting, drawing, cartoon, photo collage.

The winners for best in category at both GCSE and A-Level will receive a £50 Amazon voucher (£25 each if working as a pair). Runners up for best in category at both GCSE and A-Level will receive a £30 Amazon voucher (£15 each if working as a pair).

Entries must be received no later than **Friday 11th December 2020 at 5pm**. [Click here!](#)
For further details email s.barron@hodgehgs.bham.sch.uk

Birmingham Library: Teenage Creative Writing Competition. To celebrate Black History Month, the Library of Birmingham is running a writing competition inspired by Malorie Blackman's "Noughts and Crosses". If you are aged 11-17, write a 500+word story set in Albion and send it to Birmingham Library by **Saturday 28th November 2020**. You need to be a member of the library. If you are not already a member you can [join online](#)

- Click on the following link for [Competition rules](#)

UK Parliament Week – Make Your Mark

Please encourage as many young people as you can to vote for this year's Make your Mark campaign, please see link below, thank you.

- <https://www.ukparliamentweek.org/en/make-your-mark>





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Notices

(CEIAG) Post 16 virtual Open Events

You may need to register to take part. Click on the following links to see the next virtual open day.

Institute	Link
Joseph Chamberlain – Sixth Form College www.jcc.ac.uk	https://www.jcc.ac.uk/voe/
BMet www.bmet.ac.uk	https://www.bmet.ac.uk/open-events-enrolment/virtual-open-events/
UCB www.ucb.ac.uk	https://www.ucb.ac.uk/open-days/college-open-days/
Solihull college www.solihull.ac.uk	https://www.solihull.ac.uk/news-events/virtual-open-event/
South and City College www.sccb.ac.uk	https://www.sccb.ac.uk/about-us/open-days
Bournville	https://www.opendays.com/institutions/bournville-college
Bordesley Green Girls' School & Sixth Form	http://www.bordgrng.bham.sch.uk/applying/
Sutton Coldfield Grammar School & Sixth Form	https://www.suttcold.bham.sch.uk/sixthformapplications

Safeguarding and Wellbeing

Keeping your daughter safe online:

All parents/carers need to be aware of what their daughter are accessing when online. Young people often access sites that are not appropriate for their age. Click on the school website for further guidance on staying safe online.

- <https://www.hodgehgs.bham.sch.uk/parents/online-safety>





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Check your security and privacy settings

- Adjust privacy and safety settings to increase security and control the personal data you share. Look for the 'privacy and security' or 'settings' on the app or website.
- [Review the security settings](#) on your 'smart' devices. If your device is using a default or easily guessable password, change it.
- [Set up two-factor authentication](#). This is a free security feature to stop unwanted people getting into your accounts. You will receive a text or code when you log in to check you are who you say you are.
- [Update your devices](#). Using the latest version of software and apps can immediately improve your security.

Kooth.com: Worried or unsure. 24/7 access to self-help materials and daily online counselling available. Click on the link <https://www.kooth.com/>

Charity Work: Food Bank The pupils and staff at Hodge Hill Girls' School are collecting food and toiletries donations all through November and December for local food banks. If you wish to donate, please send them in to school via your daughter.

There are three simple actions we must all do to keep on protecting each other



Wash hands

keep washing your hands regularly



Cover face

wear a face covering in enclosed spaces



Make space

stay at least 2 metres apart - or 1 metre with a face covering or other precautions

National Lockdown – HELPING TO KEEP BIRMINGHAM SAFE





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If your child develops symptoms associated with Covid-19 whilst at **home**, please keep them at home and follow the process outlined below. If your child develops symptoms associated with Covid-19 whilst **at school**, we will isolate them immediately, providing the support and reassurance they will require. We will contact you and require that you collect them immediately from school. Please take them straight home and follow the same process outlined below.

Step One: CONTACT

the NHS and request a COVID-19 Test from them online or by calling 119. Do not visit your GP, pharmacy, hospital or other healthcare provider. Call 999 if emergency care is needed.

Step Two: ISOLATE

Your child should isolate for 10 days after symptoms appear and other people in your household should isolate for 14-days.

Step Three: TEST

Get a test. Keep your child at home until she gets her results.

Step Four: RESULTS

You should receive your results within 72 hours. If the test is negative, your daughter and household may stop isolating although they must not return to school until they are well. **Please inform us of a negative test result immediately.**

Step Five: A POSITIVE TEST RESULT

If your child tests positive for Coronavirus, contact tracers will contact you to inform you of the isolation regulations you will need to follow. **Please inform us of a positive test result immediately.**

